

# Self Control

拍數: 64      牆數: 2      級數: Intermediate  
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音樂: Self Control - Infernal



## WALKS, SIDE ROCK, RECOVER, TOUCH, WEAVE RIGHT, UNWIND ½ TURN LEFT

1-2            Step right forward, step left forward  
&3-4          Rock right to side, recover onto left, touch right together  
&5-6          Step right to side, cross left over right, step right to side  
7-8            Touch left toe behind right, unwind ½ left (weight to left, 6:00)

## WALKS, SIDE ROCK, RECOVER, TOUCH, WEAVE RIGHT, SAILOR ¼ TURN LEFT

1-2            Step right forward, step left forward (6:00)  
&3-4          Rock right to side, recover onto left, touch right together  
&5-6          Step right to side, cross left over right, step right to side  
7&8          Cross left behind right, turn ¼ left and step right together, step left to side (3:00)

## WEAVE LEFT, LOW DIAGONAL KICK RIGHT-BALL-CROSS, (¼ LEFT, ¾ TRIPLE LEFT)

1-2            Cross right over left, step left to side  
3&4          Cross right behind left, step left to side, kick right diagonally forward  
&5-6          Step right together, cross left over right, turn ¼ left and step right back (12:00)  
7&8          Triple in place turning ¾ left and step left, right, left (3:00)

### Easy option:

6-7&8        Step right to side, sailor step left, right, left

## WEAVE LEFT, RIGHT HEEL JACK, BALL-CROSS-SIDE, ½ HINGE LEFT-CHASSE LEFT

1-2            Cross right over left, step left to side  
3&4          Cross right behind left, step left to side, touch right heel diagonally forward  
&5-6          Step right together, cross left over right, step right to side  
7&8          Turn ½ left and step left to side, step right together, step left to side (9:00)

## CROSS ROCK, RECOVER, BALL-CROSS, HOLD, ROCK & CROSSES

1-2            Cross/rock right over left, recover onto left  
&3-4          Step right together, cross left over right, hold  
5&6          Rock right to side, recover onto left, cross right over left

### Moving forward

7&8          Rock left to side, recover onto right, cross left over right

### Moving forward

## RIGHT SIDE CHASSE, ROCK BACK, RECOVER, LEFT SIDE CHASSE, ROCK BACK RECOVER

1&2          Step right to side, step left together, step right to side  
3-4          Rock left back, recover onto right  
5&6          Step left to side, step right together, step left to side  
7-8          Rock right back, recover onto left

## ROCKS FORWARD & BACK, ½ RIGHT, RONDE ¼ RIGHT, CROSS ROCK, RECOVER LEFT SIDE CHASSE

1-2            Rock right forward, rock left back  
3-4          Turn ½ right and step right forward, sweep left back to side  
5-6          Turn ¼ right and cross/rock left over right, recover to right  
7&8          Step left to side, step right together, step left to side

**STEP, ½ PIVOT LEFT, WALKS FORWARD, STEP, ½ PIVOT LEFT, RIGHT KICK-BALL-STEP**

- 1-2 Step right forward, turn ½ left (weight to left, 12:00)
- 3-4 Step right forward, step left forward
- 5-6 Step right forward, turn ½ left (weight to left, 6:00)
- 7&8 Kick right forward, step right together, step left forward

**REPEAT**

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